

Chinese Chicken Salad

From BCF member Chris Quiñones

This family favorite was inspired by dishes that Chris used to eat while in college in the San Francisco Bay Area. Search for the noodles in the Asian section of your favorite grocery store.

Main ingredients

- One whole roasted chicken, skinless and shredded meat only (hint: buy it pre-cooked)
- 2 oz rice stick noodles (any vermicelli type noodle such as mai fun, mei fun bihon or banh hoi kho)
- A large paper bag, to keep the noodles warm
- 3 green onions chopped (including the green parts)
- 2 medium crisp leaf lettuce heads shredded
- Roasted peanuts (1 TBS per serving)
- One small bunch of parsley, chopped coarsely
- Oil for frying noodles in wok

In a glass jar with a screw on lid add:

- 2 TBS sugar
- 2 tsp salt (less is ok for low salt diets)
- 1 tsp ground black pepper
- 2 TBS sesame seed oil
- ½ C salad oil (a light oil like sunflower oil)
- ¼ cup vinegar (use white vinegar for the sharp taste)

Directions:

1. In a large bowl add the shredded lettuce, chopped green onions, and chopped parsley. Toss gently.
2. Heat about 1 C of oil in a wok.
3. When oil is hot, add small handfuls of broken apart noodles. As they puff up, remove with a slotted spoon and place in a large paper bag.

4. Mix the dressing ingredients just before serving.

5. To serve, place a bed of the lettuce and herb mixture on each plate, top with some noodles, then Chicken, dressing, and peanuts.